

THANK YOU

SPOTLIGHT



For donating two sewing machines to our centre....we greatly appreciate your generosity. They will definitely be put to good use by our centre group users



NEWSLETTER

Term 2

2018

RAINBOW COAST NEIGHBOURHOOD CENTRE

FAMILY HOUSE 219 NORTH ROAD ALBANY WA
08 9841 8254

admin@rcnc.org.au



Welcome to Albany Family House



Rainbow Coast Neighbourhood Centre
We are a not-for-profit organisation offering essential family support services

- **Parenting courses and support groups**
- **Playgroup**
- **Fun interactive groups for children**
- **Parenting Resource Library**
- **Social groups**
- **Time out for mums**
- **Family Awareness First Aid**
- **Child Health Groups**
- **Community Garden**
- **Migrant Support Services**
- **And so much more.....**

Also Home to:

Kids Central Great Southern

"Our Vision is to strengthen the mental and emotional wellbeing of children".

We provide services for **children aged 3 to 14 years** supporting them to manage stress, feel safe and build characteristics of resilience.

To support children in their social and emotional development (including an early years focus on achieving equality in school readiness)

To support children through their childhood transitions and to stay involved with school and to support children to develop self-confidence and be respectful in their relationships.

For further inquiries or to enroll a child, please phone 9842 3676 or email kidscentralgs@gmail.com

HOLIDAY FUN

Cloud Dough

Ingredients:

500ml cheap scented conditioner

750g cornflour

Method:

Place all ingredients into a bowl and mix together



ingredients

- 2 cups rolled oats
- 2 cups flour
- 2 cups coconut
- 1 1/2 cups sugar
- 250g butter
- 4 tbsp golden syrup
- 1 tsp baking soda
- 2 tblsp boiling water.

method

1. Turn oven to 160°C. Lightly grease oven trays.
2. Place oats, flour, coconut, sugar in big mixing bowl.
3. Melt butter and golden syrup in saucepan. Take off heat.
4. Mix baking soda and boiling water in a cup. Add to melted butter mixture in the pan. Quickly add to big mixing bowl. Mix well.
5. Roll tablespoon size of the mixture into balls. Place on trays 5cm apart. Press lightly with fork.
6. Bake for 20 minutes.

Anzac Biscuits





OUTSIDE SCHOOL HOURS CARE

Vacation Care: 7:45am – 6:00pm

BOOKINGS NOW OPEN
FOR VACATION CARE

April 16 to April 30

CONTACT US FOR MORE INFORMATION

admin@albanyshc.com.au
0431 902 269

Your Resource Library

Why buy when you can borrow?

We provide a wide range of:

- Parenting Information pamphlets (free)
- Parenting Books & DVDs (loan)
- Children's music CDs & DVDs (loan)

*Drop in any time & check out your
library!*

Monday to Friday

9.00 – 3.00

Mondays

BABY RHYME TIME 9.30 - 11.00

**Commences May 7th throughout
school term**

Sounds, words, songs and rhymes are fun for babies, and are the ingredients needed for developing speech and language. Get out of the house for a while and create some special memories while bonding with your baby and making some new friends?

**RCNC membership \$30.00
per year**

**\$3 per session members
\$5 non-members**



BOUNCING BACK 9.30 - 11.30

Commences May 7th (8 weeks)

**Are you exhausted, anxious or stressed
all the time?**

Every day seems like an uphill battle?

Do you have a baby 12 months or under?

Do you have postnatal depression?

Bouncing Back supports parents, with a focus on the prevention and treatment of **anxiety, stress and postnatal depression.**

Dads are also invited to attend 3 evening sessions during the course.

Free program & crèche.

**To book contact your Community Health
Nurse directly on 9842 7500**



Struggling with parenting?

Feeling unsupported?

The Nest offers information including:

- common parenting issues
- self-care
- relationships
- community resources

Develop your parenting knowledge

& feel supported to
create positive family
relationships

Children aged 0 -5 will be
welcomed into our

**free professional
crèche.**

12.30pm - 2.30pm

Starts MAY

FREE PROGRAM



Craft in The Nest



Tuesdays

MESSY MAESTRO'S

10.00 – 11.00

For the busy toddler in your life!
Commences May 1st throughout
school term

Join in at anytime throughout
the year

Help your child learn some language,
social, emotional and physical skills
with our one hour interactive play
sessions, using a mixture of messy
play and music.

No bookings needed. Just drop in!

\$3 per session members

\$5 non-member

RCNC membership:

\$30.00 per year



TRIPLE P 12.30 - 2.30

Commences on May 8th (4 weeks)

This program is for parents with
children between the ages of 3 - 6yrs.

Triple P discussion groups provides
parents with strategies to manage
difficult behaviours

Free Program & crèche

To register for this
phone Community Health
directly on 9842 7500

**Solid Starts
Drop-in Clinic
Tuesday 5th June
1pm - 3pm**

LET'S SLEEP

12.30 - 2.30

1 Session June 26th



This *Let's Sleep* session is for
parents of *infants 6 to 18
months old*. The session covers
establishing good sleep
patterns, realistic expectations
and settling strategies.

Free programs & crèche

To register **contact** your
Community Health Nurse
directly on 9842 7500

HANEN - Speech 9.15 – 11.45

May 15th, 22nd &
June 5th, 12th & 19th.

A family focused program for parents of
children with communication delays
and/or late talkers. The program involves
an initial clinic visit then five parent only
group sessions and two further home
visits.

Children **must** be seen by the Speech
Pathologists with the Child Development
Team before attending these sessions.

Free program & crèche.

To book in **contact** your
Speech Pathologists
directly on 9892 2499



Wednesdays

EARLY PARENTING GROUP

1.00 - 3.00

Commences 2nd May for 5 weeks

Commences 6th June for 5 weeks

A Post Natal Parenting Program

- Guest speakers
- Meet other new parents
- Make some new friends along the way
- Keep up with current ideas
- Dad's are welcome

Our wonderful Health Nurses present information sessions and parenting skills along with guest speakers and reassurance.

Free program

To register **contact** your Community Health Nurse directly on **9842 7500**

FAMILY FIRST AID 9.30 - 12.30

One Session Wednesday June 6th

It will cover:

- ♦ DRSABCD
- ♦ Recovery Position
- ♦ Choking
- ♦ CPR
- ♦ Bleeding, Burns & allergic reactions



All related to babies & children.

Course cost \$55 includes crèche

Booking & payment prior to session is **essential** to secure your place.

Contact RCNC on 9841 8254 to book your place

WEDNESDAY WOMEN

11.00 - 12.30

Cost \$3 per person

Runs throughout the year

A social group for mature women who are looking to make new friends.

Come along to socialize over a cuppa at RCNC

No bookings required, just drop in!



Kids Central Group Programs

4-5pm

Register with Kids Central

9842 3676 or

Email: kidscentralgs@gmail.com



Keep updated on

Facebook

TERM ONE ACTIVITIES...



Thursdays

TIME OUT THURSDAY

9.30 - 11.30

Commences May 3rd 2018

Never enough time to do the things you would like?

Are you interested in learning some simple art & craft?

Put the kids into our crèche and take some well earned time for yourself!

Annual membership
\$30 + \$10 per session for materials.
Bookings essential.
Contact RCNC on
9841 8254

No skills needed and you get to take home your new creation and have a few laughs.



TWIN HEARTS MEDITATION

\$2 per session

9.30 - 10.30

Commences 3rd May 2018

If you would like less stress, less anxiety and focus? Come along to our guided meditation class and learn the skills to help you release your negative energy and replace with feelings of positive wellbeing.

Contact : RCNC 98418254

DATES TO REMEMBER

ANZAC Day 25th April

Term 2 dates
Tuesday 1st May - Friday
29th June (9 weeks)

Mother's Day
13th May

Families Week
15th - 21st May

WA Day
Monday 4th June

Family First Aid
Wednesday 6th June



Can you sew?

Boomerang Bags Albany Group are in desperate need of sewers to help make fabric shopping bags. These will replace the single use plastic ones for our shops.

**If you can help out, please contact Lynne
0419 914 396**

All fabric is pre-cut and instructions are supplied.

Proudly supported by





Other services we can provide...

Car Restraint Fitting/Checking

Ask for Catherine or Sharon

Phone: 9841 8254

A donation for this service would be appreciated

Badge Maker

Available for free loan to community organisations

For your convenience, we can supply the badge parts (25units = \$20)

Photocopying and Printing
Reduced Rates for Community Groups



Kids Central Group Programs

4-5pm

Register with Kids Central

9842 3676 or

Email: kidscentralgs@gmail.com

Room Hire

For meetings, Mum's groups, office space and more!

Let us know what you need!



Department of
Local Government
and Communities



Keep updated on
Facebook

Fridays

PLAYGROUP

9.30 - 11.30

Starts May 4th 2018
and runs throughout school term

Perfect for parents, carers, grandparents and children to meet, socialize and play.

Give the kids something to do and yourself a chance to get out of the house & chat to other adults.

\$3 per session members /\$5 non-member
+ a piece of fruit to share.



RCNC MEMBERSHIP...

- Reduced program & crèche fees
- Invitations to special events
- Priority given for programs/groups
- Assists towards insurance costs

Only
\$30
per calendar
year

Become an RCNC Member today and
support us to support you!

The Nest



A Facilitated Support Group for Mums

Struggling with parenting?

Feeling unsupported?

The Nest offers information including:

- common issues with parenting
- self-care
- relationships
- community resources

Develop your parenting knowledge and feel supported to create positive family relationships

Term 2 commences Monday 7th May - 12.30 - 2.30

**Venue: Rainbow Coast Neighbourhood Centre
219 North Road**

To book please call RCNC: 9841 8254

Parenting For Life Program supported by Amity Health
Through the Communities for Children Funding

My Family

The members of my family are....

Draw a picture



National Families Week

"Stronger Families,
Stronger Communities"

15 - 21 May

National Families Week is Australia's annual celebration of the importance of families.

The aim of National Families Week 2018 is to celebrate the vital role that families play in community wellbeing.

National Families Week is a time to celebrate with your family, make contact with your extended family and friends, and share in the enjoyment of family activities within the wider community.

National Families Week started in 2003 as a Families Australia Initiative which aimed to give families, their children, young people and communities the opportunity to build a better future.

It is a time to celebrate the meaning of family and to make the most of family life.

There's
no
place
like
HOME!



Government of Western Australia
Child and Adolescent Health Service



A Solid Start

A FREE program to support parents and carers introducing solid foods to their baby

Who is this workshop for?

Any parent or carer, with a child over 4 months of age, who needs information on introducing solids, as well as ways to deal with other mealtime issues.

What is involved?

One group session (see details below).

What is covered?

- Why and when to introduce solids
- How to introduce solids, and what to introduce first
- How to move from first foods to family foods
- What foods and drinks to avoid
- Food safety, and how to reduce the risk of infection
- Common signs and symptoms of allergies.



Program details:

Place: Rainbow Coast Neighbourhood Centre

219 North Road, Albany

Date: 5th June 2018

Time: 1pm - 3pm

Cost: FREE

Place: _____

Date: _____

Time: _____

Cost: FREE

Place: _____

Date: _____

Time: _____

Cost: FREE

How do I book?

Contact your Community Child Health Nurse to register your place [**9842 7500**].

This document can be made available in alternative formats on request for a person with a disability.

September 2017 CAH-001009_Solid

GARDEN

We have been having some lovely weather...what better time to come along to Garden Grubs and have some fun in the garden



Starts May 2nd

There will also be cooking and craft. Learn about where our food comes from, healthy recipes and recycling waste items into works of art! Fun, completely hands on and free

Supported by



EVERY WEDNESDAY DURING SCHOOL TERM

3.30 - 4.30PM

AGES 5 TO 12

HUMPHREYS STREET, LOCKYER

GRUBS

GARDEN GRUBS FUN



Catherine

Creche Supervisor

Star Sign: Aquarius

Favourite food: Cheesecake

Favourite Drink: Ginger Beer

Favourite Show: Wentworth

When I'm not at RCNC I enjoy:
Being with my kids and relaxing at the beach

Julia

Migrant Centre

Star Sign: Leo

Favourite food: Figs

Favourite Drink: Apple Cider

Favourite Show: The Weekly with Charlie Pickering

When I'm not at RCNC I enjoy:
Walks at the beach



Introducing...



Angela

Co- Manager

Star Sign: Scorpio

Favourite food: Tomato's

Favourite Drink: Aperol Spritz

Favourite Show: 24 Hours in
Emergency

When I'm not at RCNC I enjoy:
Music-singing, playing, anything
music

Emma

Admin & Creche

Star Sign: Pisces

Favourite food: Vanilla Slice

Favourite Drink: Leaf Tea

Favourite Show: Offspring

When I'm not at RCNC I enjoy:
crocheting and spending time
with family



Garden Grubs

Fun in the garden, cooking and craft. Learn about where our food comes from, healthy recipes and recycling waste items into works of art! Fun, completely hands on and free!



Community Garden

Produce Swap and Share

1st Saturday of the month

All Welcome



Bring - Share - Swap - Chat
Produce - Preserves - Information
Seeds - Cuttings - Seedlings
Seed Savers Network collection point

10am to 12noon



RCNC Community Garden
Humphreys Street
Behind Mt Lockyer Primary

Humphreys Street
Behind Mt Lockyer
Primary School

Open Garden

Wednesday mornings
9.30am to 12.30pm

Join Megan and Helen
for general garden
upkeep, gardening
guidance and
enjoy a cuppa!



Great Southern Migrant Services



Migrant Services

Our 2 Migrant Resource Centres are a part of Rainbow Coast Neighbourhood Centre and provide assistance to people who have arrived from another country within the last 5 years, under certain visas. We provide advocacy, practical assistance, information and referral to other community services arising out of the settlement experience.

Refugee Week
18th - 24th June



Interesting Fact

There are 2,700 languages with over 7,000 individual dialects spoken around the world today. The most widely spoken languages are Chinese, Spanish, English, and Hindi, in that order. Chinese, the most spoken language around the world, has over 50,000 characters. But you only need to know 2,000 of those characters to be able to read the newspaper.

Albany Migrant Resource Centre

Family House, 219 North Rd
Albany WA 6330
Phone: 9841 1190

Opening Hours:

Wednesday: 9AM TO 4.30PM
Thursday: 11AM TO 6.30PM
Friday: 9AM TO 4.30PM

Katanning Migrant Resource Centre

56 Clive Street
Katanning WA 6317
Phone: 9821 4420



One in four of Australia's 22 million people were born overseas; 46 per cent have at least one parent who was born overseas; and nearly 20 per cent of Australians speak a language other than English at home

